



LEARN TO SWIM

Learn to Swim – Group Lesson Sessions

7 – 30 MINUTE LESSONS

Session 1: June 8 – 19*

Session 2: June 22 – July 3*

Session 3: July 6 – 17*

Session 4: July 20 – 31*

Session 5: August 3 – 14*

**Final day of session is for makeup class only! If you have a Township declared class cancelation, the final Friday of your session is the makeup date. If you have no Township declared cancelations, there will be no class the final Friday of your session!*

Text **979-307-5098** to sign up for weather texting updates. In message box put:

@aldenb if you are enrolled in group lessons at **Alden Bridge**

@falconwi if you are enrolled in group lessons at **Falconwing**

@sawm if you are enrolled in group lessons at **Sawmill**

@creekwoo if you are enrolled in group lessons at **Creekwood**

@robfl if you are enrolled in group lessons at **Rob Fleming**

Class Locations

Alden Bridge Pool – no Monday class

Creekwood Pool – no Thursday class

Falconwing Pool – no Wednesday class

Rob Fleming Aquatic Center – no Monday class

Sawmill Pool – no Tuesday class

Registration Information

\$65 Resident Session/\$75 Non Resident Session

Online: www.thewoodlandstownship-tx.gov

Phone: 281-210-3950

In Person: The Woodlands Township Recreation Center
5310 Research Forest Drive, The Woodlands

**Registration for Group Lessons closes at 9 p.m. the Wednesday prior to the session starting, please register early!*



Level Goals and Descriptions

**Each class is a pre-requisite for the following level unless authorized!*

Swim with Me - Ages 6 months to 2 ½ years

Infants, toddlers and adults that accompany them will play games, sing songs and learn basic water skills! Children will get to enjoy the water experience while teaching them basic water safety and skills, such as entering and exiting the water; feeling comfortable in the water, blowing bubbles, submersion, floating on back and front and changing body position in the water.

Toddler Transitions – Ages 2 to 3 ½ years

Entering and exiting the water using steps and side; bobbing; blowing bubbles; retrieving submerged objects; submerging entire body; front and back float with support; front glide with support; recovering to a vertical position and freestyle with support. First week of session – parents/guardians will be in the water to help child be comfortable and gain confidence in the water. End of program goal is to have parents out of the water and swimmer on their own!

Preschool – Ages: 2 ½ to 5 years

Entering and exiting the water using steps and side; bobbing; blowing bubbles; retrieving submerged objects; submerging entire body; front and back float with support; front glide with support; recovering to a vertical position and freestyle with support.

Level 1 – Ages: 3 – 7 years

Opening eyes under water; submerging entire face; front float and recovery to vertical position without support; freestyle and backstroke with assistance.

Level 2 – Ages: 4 – 8 years

Jumping from the side; holding breath; jellyfish and tuck floats without support; front and back glide with recovery to vertical position without support; back and freestyle independently; breaststroke, treading water and explorations of deep area of pool.

Level 3 – Ages: 5 – 10 years

Headfirst entry from kneeling and standing position; underwater recovery of objects, treading water; simultaneous arm and leg movements on stomach without support; rotary breathing, dolphin kick, side stroke and elementary backstroke

Advanced 1 – Ages: 5 – 12 years

Free style, breathing to the side, stream line, backstroke and starting arm movements.

Advanced 2 – Ages: 5 – 12 years

Free style, back stroke, butterfly and breast stroke, kicks, and further development of arm motions.

Advanced 3 – Ages: 5 – 12 years

Free style, back, breast and butterfly strokes, turns and dives.